

## If you are being hurt at home or at school, you are not alone.

- 😘 Always remember it is not your fault!
- Have a code word you share with your friends or neighbors when you are not feeling safe.
- Talk to Someone you trust and keep talking until someone listens. Even if the first person you tell doesn't help you...Someone will! Keep talking until someone listens.
- A safe person can be your parent, a teacher, a neighbor, a friend's parent, your counselor or anyone you trust...Just tell someone!



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- 🗞 Stay out of the fight! Call 911!
- Sometimes even nice people and people we love do bad things.
- Sometimes people need help to learn right from wrong.
- Express your feelings! It's okay to be sad, mad and hurt. Share your feelings.

My safe person: \_\_\_\_\_\_\_

Phone #:

For more information on preventing Family Violence, please visit
www.lcsac.org/justice/oryouth or call
Lake County State's Attomey's Office/DV Council at (847) 377-3000
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